



## Recent Site Wide Posts

### Site Wide



**Day 271: September 28 - Day 277: September 4th**

Certain parts are slowly feeling better on me, but taking it easy in some respects.

271-274: Each night I did my normal 150 arms (6x25) only I had a ten pounder in my right hand and just the bar (three pounds I think) in my left. Its a good way to keep that wrist and shoulder [...]

by [heather mordaunt](#) from the blog [Heather Mordaunt](#)



**Days 276 - 279**

by [Joe Cormier](#) from the blog [Groundhog Day](#)



**Oct 1 - Oct 5**

by [Maryland Terrapin](#) from the blog [Luq's Journey](#)



**Oct. 4-6**

by [Megan Toohey](#) from the blog [Megan's blog](#)



by [Nora](#) from the blog [Nora](#)

## Site Wide Activity

Viewing item 1 to 2 (of 200 items)

1 2 ... 100 »



Blogs



Friends



Groups



Profile



Status



[pat lennon](#) wrote on their own wire: 18 hours, 30 minutes ago

“10/6/10-Keeping off the ankle, did weights at home, arms, bi's and tri's, 378 reps while watching the beginning of the Yankees game, and after watching the end of Roy Halladay's no-hitter.



[heather mordaunt](#) wrote a new blog post: [Day 271: September 28 - Day 277: September 4th](#) 1 day, 4 hours ago

“Certain parts are slowly feeling better on me, but taking it easy in some respects.  
271-274: Each night I did my normal 150 arms (6x25) only I

## Latest Information



• Tom Dahmer is out...Great Job making it this far Tom. Payo September 11|[Read More](#)

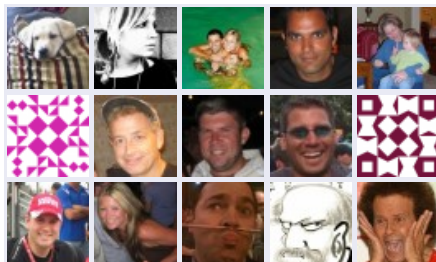


• but she looks great and made it a real long time...The payou July 31|[Read More](#)



• after 172 days, Jim S is out. total pot is approximatel July 4|[Read More](#)

## Recently Active Member Avatars



## Recent Comments



• [Megan Toohey](#) commented on the blog post [Day 264: September 21 - Day 270 September 27](#) 1 week ago  
i saw on facebook that you were in an accident! that totally sucks and i cannot believe you are still working out!! glad you're ok. we need to actually meet one of these days... 😊



• [heather mordaunt](#) commented on the blog post [265-269](#) 1 week, 3 days ago  
Wow, you are doing soooo great!!!!



• [Tom Dahmer](#) commented on the blog post [days 231 - 238](#) 1 month ago  
Ok, then remind me to give you a check, Im glad i lasted as long as i did. Good luck to everyone still in!



• [Rory Allen](#) commented on the blog post [days 231 - 238](#) 1 month, 1 week ago  
tom ...its supposed to be 4 mile walk minim and 18 holes of golf walking



• [Megan Toohey](#) commented on the blog post [214 through 221](#) 1 month, 4 weeks ago  
i ran 2 miles in the middle of a funeral breakfast in june.

Username



Log In

## Members

**Newest** | **Active** | **Popular**



[Nora](#)

registered 9 months ago



[Kathy Egan](#)

registered 9 months, 1 week ago



[carson porter](#)

registered 9 months, 1 week ago



[pat lennon](#)

registered 9 months, 1 week ago



[Max Izzzzz Beast](#)

registered 9 months, 1 week ago



[jim s](#)

registered 9 months, 1 week ago

## Who's Online Avatars

There are no users currently online

had a ten pounder in my right hand and just the bar (three pounds I think) in my left. Its a good way to keep that wrist and shoulder [...]

[About Us](#)[Privacy Policy](#)[Terms of Use](#)[Blog](#)[Forums](#)[Developers](#)[Advertise](#)[Cosmic Buddy](#)